

# Mental health in the legal industry

Lawyer mental health stats according to the 2023 State of the Legal Market report

Has your time in the legal profession been detrimental to your mental health?

**24.0%**

Said yes in terms of Professionalism/individualism

**41.1%**

Said yes in terms of Financial worth/availability

Are you considering leaving, or have you left, the profession due to mental health, burnout, or stress?

**15.4%**

Said yes in terms of Professionalism/individualism

**26.7%**

Said yes in terms of Financial worth/availability

Does your workplace foster, reward, or normalize maladaptive behavior?

**9.6%**

Said yes in terms of Professionalism/individualism

**23.4%**

Said yes in terms of Financial worth/availability

**Make a change.  
Break the stigma.  
Make your mental health a priority.**

Some common signs that it may be time to focus on your mental health:

- Poor sleep conditions (too little or too much sleep)
- Decrease in motivation
- Inability to concentrate
- Lack of overall happiness with yourself

[Browse some of our resources on well-being in the legal industry](#)